



Keep Your New Year Resolutions

What makes January 1st such a special time to make a change in our lives, and why can it be so *difficult* to maintain that change?

There are a number of key reasons that apply to some, if not all, of the broken resolutions.

- We are not being realistic when we make the commitment.
- Everyone breaks New Year's Resolutions, so why shouldn't we?
- January is wet, miserable and cold (or hot and sunny depending on where you live) and the weather can affect our mood and desire to achieve.
- The friends we tell our resolutions to on New Year's either can't remember or are too busy breaking their own resolutions to help motivate us.

So how can we make changes that are lasting in our lives? Here are a few positive steps we can all take to help us make permanent changes:

- Choose a day and time in the very near future and make that your 'change my life plan' day – don't wait for New Year's.
- Tell as many people as you can about your plan and tell them you want to stick to it. It is much easier keeping a commitment you have made to others than just to yourself.
- Set your goal or plan in achievable, measurable steps – try and change the world in a day and you are destined to fail!
- Choose a 'looking forward' plan where you focus on what you want to achieve, not what you want to avoid.

As we head towards the New Year, let's enjoy the celebrations and make lasting change in our lives!

ZENSATIONAL

WELLNESS AT MEDILODGE OF GRAND BLANC

zen•sa•tion•al *noun* /zen'sāSH n/

1. A state of mind and an active process where you join with MediLodge on your journey to Recover, Rejuvenate, Revitalize and Return Home.
2. A whole person wellness centered philosophy, experienced in a relaxed and soothing environment.

"Life does not hurry, yet everything is accomplished."

MediLodge's approach to zensational wellness is an active process in which each lodger and employee are encouraged to make choices toward personal growth in seven dimensions of zensational wellness: physical, social, emotional, spiritual, intellectual, occupational and vocational. The goal of our whole person wellness program is to recognize the unique individuality of every person at our Haven for Healing.



Holiday Crafts

Whimsical Light bulb Reindeer Ornament

You will need:

- One used light bulb
- Brown felt cloth or fun foam
- Acrylic paints and brushes
- Ribbon
- 1 small red pom-pom
- Glue

First, paint the light bulb brown. Set aside and let dry. Once the brown paint on the light bulb has dried completely, use a paint brush to paint eyes and a mouth on your reindeer. When the paint has dried, begin to glue the red pom-pom nose onto the end of the light bulb, just above the mouth. Next, use the brown cloth or foam to fashion a pair of antlers for your reindeer. Glue these to the side of the light bulb. Finally, cut a small piece ribbon, loop and tie into a knot, and glue it to the top of your reindeer light bulb ornament.

Greeting Card Ornaments

Cut out your favorite Christmas card images and mount them onto wooden craft shapes with glue. For an older finish, varnish them, drill a small hole at the top, and then tie ribbons at the tops. You can also cut out your favorite images from cards, laminate them, punch a hole at the top, and use a piece of ribbon as the hanger. If you don't want to cut anything out, an even simpler approach is to glue the front and back of the card together. Punch a hole at the top of the card, loop a piece of ribbon and it's ready to hang.

Be Sure To Wash Your Hands!

December 3-7, 2018 is National Hand Washing Awareness Week and, according to the Centers for Disease (CDC), "the most important thing you can do to keep from getting sick is to wash your hands."

Handwashing can help prevent illness. It involves five simple and effective steps (Wet, Lather, Scrub, Rinse, Dry)

you can take to reduce the spread of diarrheal and respiratory illness so you can stay healthy. Regular handwashing, particularly before and after certain activities, is one of the best ways to remove germs, avoid getting sick, and prevent the spread of germs to others.

The CDC recommends you should wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal, animal feed, or animal waste
- After handling pet waste, food or treats
- After touching garbage



PALM TO PALM



FINGERS INTERLACED



BACK OF HANDS



BACK OF FINGERS



BASE OF THUMBS



FINGERNAILS



WRISTS

Info taken from cdc.gov

The Beauty of the Holidays

The beauty of the holidays is the gift to slow down, reflect on what's important, and remember that our lives are valuable and worth being fully enjoyed.

So, before the next holiday approaches, plan a party, and gather friends and family. Carve out time for a totally relaxing and fun day together. Organize a game-night, a trip to the movies, or stay in to watch your favorites at home. Even a dinner with some close friends can be enough to warm the spirit on a cold winter night. Make a commitment now and embrace your winter holidays. You won't be sorry, and you just might make a tradition of it!



Tips for Keeping Active in the Winter

With winter approaching, there may be many upcoming cold days that simply make us want to stay inside and keep warm. All those days spent indoors can sometimes be accompanied by the winter blues. Fortunately, there are a lot of things we can do to liven things up and stay active in the winter even if it is a bit chilly outside.

Yoga or Pilates: Taking a yoga or pilates class will help you get out and about, meet new people, and even tone up your muscles! This is great way to stay active and in shape over the winter.

Start or Join Book Club: Are you an avid reader? Do you want to read more? A book club is a great way to socialize and become exposed to new books and genres. Start one of your own with a group of friends who like to read; that way, you can decide when and where to meet and what to read.

Go for a Walk: Going for a walk is always a great way to get yourself in motion. It doesn't matter if it is a slow leisurely walk or a brisk one; you will get physical benefits from walking and being active.

Weekly Meeting with Friends: Scheduling a weekly meeting with friends is a great way to stay active in winter and have a lot of fun as well. You should find yourself looking forward to each meeting with your friends.



Plant a Winter Garden:

If you like to be active in the garden in the spring and summer, there is no reason to stop just because the temperature drops. With a little research on winter gardens, you can find plenty of things to plant, no matter what your region.

Prepare Your Skin For Winter

Dry, itchy and cracked skin goes hand-in-hand with the winter season. Changes in temperatures and humidity, indoor heating, hot showers and baths remove important oils and moisture from the skin causing dryness, flakiness and cracking of the skin. Read on for some TLC for your winter-weary skin.

Bathing. Hot water bathing breaks body oil that is easily washable. If you cannot avoid hot bathing, add oils like almond, sesame or other bath oils to your water.

Cleanse & Exfoliate. Before you begin your bath, exfoliate your skin with loofah. Avoid strong base ingredients and anti-bacterial products; opt for gentle moisturizing or revitalizing products.

Drink at least 8-10 glasses of water every day. By keeping your skin well hydrated, your skin is protected from dryness, rashes and itchiness. Avoid excessive usage of caffeine beverages that strips moisture from the skin.

Moisturize properly and your skin can remain soft and supple all through winter. Use moisturizer that has the necessary vitamins and hydration properties for your skin.

Use sunscreen in winter as you would in summer. Ideal sunscreen is one which is light, oil free and has SPF 15.



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Monday - Sunday 8:00 A.M. – 8:00 P.M.



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December – Word Search

Find and circle the 15 words listed below. Find words straight across, up and down, and diagonally. All words are forwards reading only. No backwards. Good luck!



Word List

- CHEER
- COCOA
- COLD
- COMMUNITY
- CRAFTS
- FAMILY
- HOLIDAY
- PILATES
- RESOLUTIONS
- SKIN
- SLEEP
- SOAP
- WASH
- WINTER
- YOGA